

# haiku for hope

mindfulness during the  
pandemic

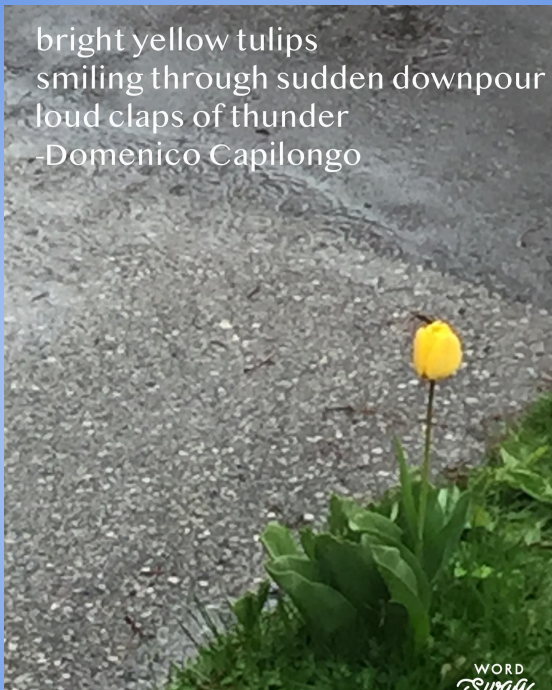
By: Domenico Capilongo

Throughout this pandemic, the mindful practice of karate in nature and the writing of haiku poems have helped me remain in the moment.


I hope you enjoy them.



bright yellow tulips  
smiling through sudden downpour  
loud claps of thunder  
-Domenico Capilongo




WORD  
*Capilongo*



there is still hope left  
in the blossoms of cherries  
breeze through petals  
-Domenico Capilongo

WORD  
*Swag*

A close-up photograph of a coyote's head and neck, walking from left to right. The coyote has thick, greyish-brown fur. In its mouth, it is carrying a small, brown squirrel. The background is a blurred green lawn with some fallen brown leaves. The text is overlaid on the left side of the image.

morning coyote  
carefree smooth swagger  
fresh squirrel in mouth  
-Domenico Capilongo

WORD  
*Swag*

**BLEEDING HEARTS IN SHADE  
LIKE SHOPPERS LINING UP FOR FOOD  
ALL AT A DISTANCE  
-DOMENICO CAPILONGO**



WORD  
*Swag*



we will smile again  
like the unfurling of ferns  
waking up for spring  
-domenico capilongo

WORD  
*Swag*

squirrels on fences  
tails race through afternoons  
like nothing is wrong  
-Domenico Capilongo



WORD  
*Swag*





last garden tulips  
keeping their social distance  
hopeful for next year  
-domenico capilongo

WORD  
*Sway*



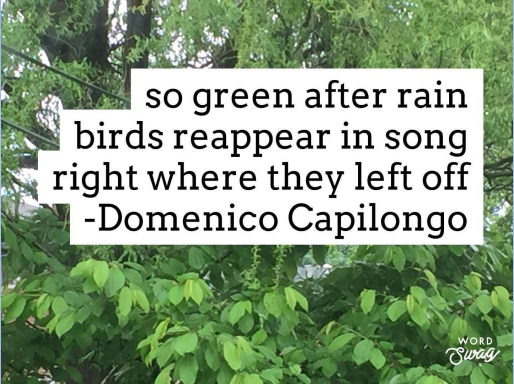
leaves are returning  
like a die-hard hockey team  
never losing hope  
-domenico capilongo

WORD  
*Swag*

**it's almost midnight  
west north west for three minutes  
space station winks down  
-domenico capilongo**



WORD  
*Sway*



so green after rain  
birds reappear in song  
right where they left off  
-Domenico Capilongo

WORD  
*Swag*



weeds sprout unwanted  
yellow flowers a surprise  
look down to notice

Domenico Capilongo

WORD  
*Sway*




hostas back again  
laughing like kids in lockdown  
beside wavy ferns  
-Domenico Capilongo

WORD  
*Swag*



lazy under tree  
branches filling up sky  
grass between our toes  
-domenico capilongo

WORD  
*Sway*



sound of wind chimes  
bamboo whispers into wind  
call us back to breath  
-Domenico Capilongo

WORD  
*Swag*



afternoon rabbit  
carefree in my neighbour's yard  
slow stare, hop away  
-Domenico Capilongo




WORD  
*Swag*



**SUN-FILLED END OF JUNE  
MARKING FINAL ASSIGNMENTS  
UNDER PERGOLA  
-DOMENICO CAPILONGO**

WORD  
*Swag*



robins crap on chairs  
blast of garden hose water  
sunlight does the rest.

Domenico Capilongo

WORD  
*Swag*

midday blood orange  
deep refrigerator cold  
divine, delicious  
-domenico capilongo




WORD  
*Sway*




**first full red roses  
petals opening widely  
fill fragrant moments  
-domenico capilongo**

WORD  
*Swag*



mint sprouts up weed-like  
defiant between lilies  
freshen up the day  
-Domenico Capilongo

WORD  
*Swag*



neighbour's bulldozer  
rumble felt deep in your teeth  
birds use the backbeat  
-Domenico Capilongo


WORD  
*Swag*



day-lilies come back  
petals like emoticons  
remind us to laugh  
-Domenico Capilongo

WORD  
*Swag*





creek waterfall splash  
calms afternoon families  
deep into evening  
-Domenico Capilongo

WORD  
*Swag*

A photograph of a balcony or patio area. A hammock is strung between two wooden posts, hanging in a gentle curve. In the foreground, there is a glass-topped table and a metal railing with a decorative pattern. The background is filled with lush green foliage, including large leaves of a vine or tree. The overall atmosphere is peaceful and relaxing.

hammock hangs lazy  
a warm beckoning cocoon  
post-nap butterfly  
-Domenico Capilongo

WORD  
*Swag*

calm delphiniums  
whispering backyard secrets  
flowerbed pillow talk  
-Domenico Capilongo



WORD  
*Journal*



tomato flowers  
blossom after storm warning  
bright yellow prophets  
-doménico capilongo

WORD  
*Swag*

A photograph of a paved path winding through a dense, green forest. Sunlight filters through the trees, creating dappled shadows on the path. The text is overlaid on the upper left portion of the image.

**ravine bike riding  
warm forest embrace of trees  
felt all afternoon  
-domenico capilongo**

WORD  
*Swag*



lake still here and calm  
mirroring the blue sky clouds  
distanced horizon  
-domenico capilongo

WORD  
*Swag*



roses of sharon  
blooming perfectly on cue  
like summer sunrise  
-domenico capilongo

WORD  
*Swag*



neighbour's sunflowers  
blast the whole street in yellow  
washing everything  
-domenico capilongo

WORD  
*Swag*





perfect picture sky  
slow white clouds move against blue  
month comes to a close  
-domenico capilongo

WORD  
*Swag*



basil after rain  
leaves, rounded wrinkled smiles  
ready for pesto  
-domenico capilongo

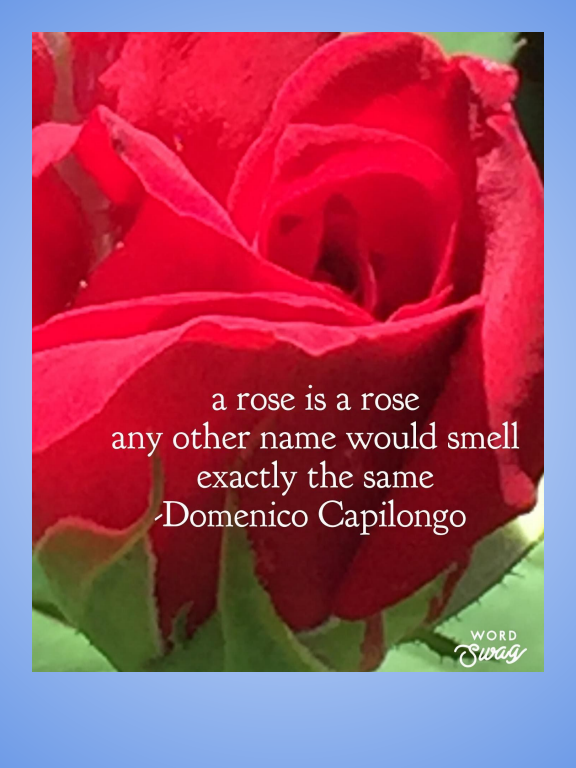
WORD  
*Swag*



pergola reaches  
vines all afternoon stretching  
making up distance

Domenico Capilongo

WORD  
*Swag*



a rose is a rose  
any other name would smell  
exactly the same  
-Domenico Capilongo

WORD  
*Swag*



edge of pergola  
sweet slow ripening of grapes  
like august sunsets  
-domenico capilongo

WORD  
*Swag*

monarch butterfly  
rose of sharon midday meal  
photo interrupts  
-domenico capilongo

WORD  
*Swag*



**fresh windowsill rose  
our only house guest in months  
petals open wide  
-domenico capilongo**

WORD  
*Swag*

friends' laughing buddha  
backyard chilling out hidden  
one breath happiness  
-domenico capilongo



WORD  
*Swag*





next door neighbour's porch  
love-grown delicious peppers  
thanks, I helped myself  
-Domenico Capilongo

WORD  
*Swag*

summer cicada  
late august sunlight basking  
sings back to school song  
-domenico capilongo



WORD  
*Swag*

blank highway billboard  
emptiness of this moment  
slow crosstown traffic  
-domenico capilongo

WORD  
*Swag*



chairs all piled up  
waiting for storm clouds to pass  
like everything else  
-domenico capilongo

WORD  
*Swag*

classroom waits ready  
wiped down, spaced-out, open  
teens, loud, fast approach  
-domenico capilongo

WORD  
*Swaly*



electrical box  
cardinal with fox frolic  
neighbourhood duo  
-domenico capilongo

WORD  
*Swag*



lone sleepy beach duck  
pays our strange movements no mind  
we breathe the wave sounds  
-domenico capilongo

WORD  
*Sway*



**last day of summer  
sun bursts, a laughter of rays  
all over the place  
-domenico capilongo**

WORD  
*Sway*





tomato bushels  
stacked empty like old straw hats  
salsa cooking slow  
-domenico capilongo

WORD  
*Swag*

backyard fire pit  
its deep-night red ember glow  
warms all our faces  
-domenico capilongo



WORD  
*Swag*



everyday sunrise  
beams become blankets of light  
for each moment's breath  
-domenico capilongo

WORD  
*Sway*

**three geese watching us  
as we eat lunch under trees  
leaves changing colour  
-domenico capilongo**



WORD  
*Sway*



everything is here  
one centre moment of breath  
exhaled in petals  
-domenico capilongo

WORD  
*Swag*



last fall garden rose  
by any other name sweet  
that dear perfection  
-domenico capilongo

WORD  
*Sway*

A photograph of a snow-covered picnic table and benches under a large, bare tree in a winter landscape. The scene is set in a snowy field with a line of trees in the background under a cloudy sky. The text is overlaid on the image.

snow covered lunch spot  
naked trees call out for sun  
breath against windows  
-domenico capilongo

WORD  
*Swag*

first snow like white breath  
fresh start new exhalation  
calm moonlit silence  
-domenico capilongo




WORD  
*Swag*



**highway-side sunset  
sky fills in red-orange-glow  
sun-kissed good evening  
-domenico capilongo**



WORD  
*Swag*

A photograph of a window with stained glass panes and a dark door handle. The window panes are arranged in a grid pattern with some decorative elements. The door handle is a dark, circular knob. The background is a solid light blue color.

two week old new year  
stay-at-home emergency  
breathe through alarm bells  
-Domenico Capilongo

WORD  
*Swag*



sakura mural  
cold walk hanami moment  
warm cherry blossoms  
-domenico capilongo

WORD  
*Swag*



streetlights burn yellow  
cut flame-like down through branches  
warming our way home  
-Domenico Capilongo

WORD  
*Sway*



windowsill lettuce  
reaching up for winter light  
green against the glass  
-domenico capilongo

WORD  
*Swag*



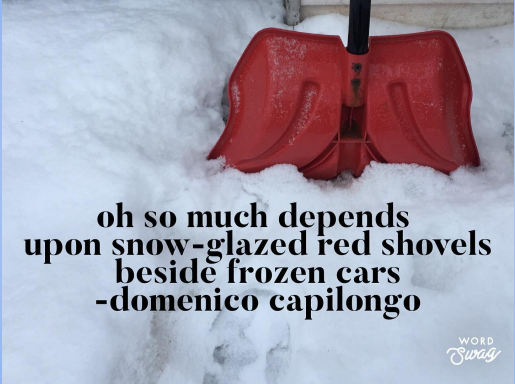
table tulips fall  
petals slip down silently  
soft colour splashes  
-domenico capilongo

WORD  
*Swag*



snow sprinkled branches  
laugh over white-filled driveways  
calling for shovels  
-domenico capilongo

WORD  
*Swag*



**oh so much depends  
upon snow-glazed red shovels  
beside frozen cars  
-domenico capilongo**

WORD  
*Swag*





world, one year later  
zoomed out smiles, hands washed raw  
yes, this too shall pass  
-domenico capilongo

WORD  
*Swag*

spring is in the air  
tree bark sunshine splash  
of unmasked smiles  
-domenico capilongo



WORD  
*Swag*



**tulips sprout again  
peak out like rip van winkle  
looking for the sun  
-domenico capilongo**

WORD  
*Swag*



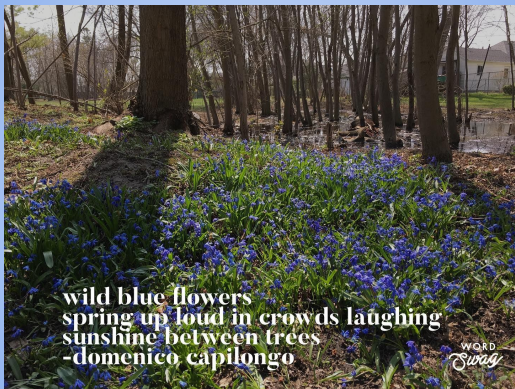
what is the plural?  
is it crocuses, croci?  
delicate return  
-domenico capilongo

WORD  
*Sway*




the sound of water  
fast ripple-splash giggling  
waves washing over  
-domenico capilongo

WORD  
*Swag*




wild blue flowers  
spring up loud in crowds laughing  
sunshine between trees  
-domenico capilongo

WORD  
*Sway*



spring cherry blossoms  
like popcorn in the garden  
laughter in the rain  
-domenico capilongo

WORD  
*Swag*

A photograph of several yellow tulips growing through a dense patch of green weeds. The scene is captured in the rain, with water droplets visible on the leaves and flowers. The tulips are in various stages of bloom, with some fully open and others as buds. The background is a soft-focus green, suggesting a garden or field. The overall mood is fresh and vibrant.

tulips in the rain  
bursting yellow up through weeds  
like morning smiles  
-domenico capilongo

WORD  
*Sway*





sweet smell of sunshine  
after rain, after marking  
so delicious  
-domenico capilongo

WORD  
*Sway*

Domenico Capilongo is a 6th Degree black belt in Wado-Ryu Karate, a high school creative writing teacher, and the author of three books of poetry and a collection of short fiction.

